



Eat Smart.



Play Hard.™

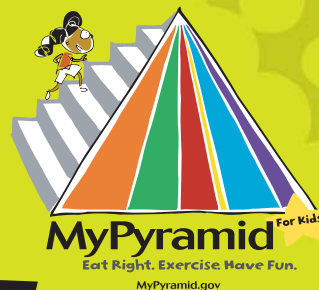


pow'er-ful *adj.*

strong; mighty; influential (popular); also kids who eat healthy foods from all the MyPyramid food groups and are physically active every day.



Be as **Powerful** as **Power Panther!**™



U.S. Department of Agriculture
Food and Nutrition Service
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